



Health, strength and beauty are the results of regular, systematic exercise. Orville and Billie Stamm are shown in the insets and in a graceful pose that illustrates their splendid development and they explain and illustrate a series of 30 simple

exercises that are to be published for YOUR use and enjoyment. The series starts tomorrow in The Press, and will run daily and Sunday. Clip the series for immediate and future use. You'll find it worth while.

**By ORVILLE STAMM,**  
America's Ambassador of Health.  
"I haven't time to exercise!"

How often is this alibi offered by men and women to whom health is secondary,—until they've lost it! It is as sensible an assertion as for one to say, "I haven't time to save my money."

Regular systematic exercise is a scientific method of saving health, so that in later years a reservoir of vitality may be drawn upon for enjoyment of old age. Great men of wealth who have bankrupted themselves physically in the scramble for dollars, usually realize too late that a minimum of effort would have lengthened their span of living.

Some people spend at least 10 minutes every morning dawdling about the house and working up a grouch to poison their disposition and make life miserable for their associates. The same amount of time spent in toning up their body would have sent them to work looking through rose-colored glasses.

Starting Monday The Press will publish "The Road to Health and Beauty," a 30-day course in physical culture, designed particularly for busy men and women who will appreciate a group of simple, yet effective exercises to fill their individual needs.

If you have time to live, then you

have time to exercise. Study the illustrations starting in Monday's Press, choose the exercises you find most enjoyable, and give them a fair trial. Don't try to build yourself into an Apollo in a day. Health is obtained or retained only through proper development of the body, just as intelligence is developed through use of the brains.

America was not built by pill-hounds, but by men and women of real flesh and blood who knew the value of simple living.

"The Road to Health and Beauty" is the trail that will take you back to nature. Watch for the first guidepost in Monday's Press.